

Experiences Related to Expanded Awareness

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

Each time I settle down to enjoy one of your *Metamusic* tapes, I know it will be rewarding, but I'm unable to predict how. Sometimes I achieve insight into situations that have been bothering me; sometimes I receive information that seems to come from some source outside of me. Occasionally, I drift into a lucid dream, or simply enjoy badly needed, profound relaxation. Thanks for the exciting adventures!

Listening to *Metamusic* makes it very easy for me to experience altered states of consciousness separate from my physical body.

"I spent eight years in a one on one apprenticeship with a Toltec shaman learning to shift awareness and perception. I was getting similar results in only a matter of days!" -Marcus Leader, Leader Research

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